

# Lake Johnson Park

4601 Avent Ferry Rd., Raleigh, NC 27606

Phone: 919-233-2121

Web: [www.raleighnc.gov](http://www.raleighnc.gov)



**By popular demand.....**

**Lake Johnson Park  
presents**

## **Evening Yoga Class**

**Come enjoy an evening of mindful stretching and relaxation! We will learn to reduce stress, manage anxiety and bring our focus back to our bodies and to the present moment. All ages, fitness levels and yoga experience levels are welcome. This is a no pressure opportunity to engage in a healthful and restoring practice.**

**Bar Code: 124616**

**Thursday evenings - June 7th thru July 12th.  
\$70/six week class in the air conditioned  
Lake Johnson conference room.**